

HERALD

Innis Newspaper

Nov. 4th 2013

Join Us At The Herald Newspaper Meetings. Tuesday 9:00 Events Room at Innis Res. 111 St. George

HERALD NEWSPAPER BACK FROM THE DEAD!



What is Hip?

Asking Important Questions About the Hipster Culture
Written by Kurt Grunsky

Herald The Hedgehog
Illustration by Amber Cicconi

Hipsters: that subculture we all love to hate. I've seen the hipster stereotype become the butt of nearly as many jokes as the recent US government shut-down. But sometimes I wonder, when we laugh at hipsters, at whom are we really laughing? What makes a hipster a hipster? Philosophically speaking, what do you consider to be the essential qualities of a hipster? Is it all about the fashion? The flannel shirts and ripped jeans and wool hats? But how can this be, when similar trends dominated the grunge style of the 90s?

Well then, maybe it's about their particular interests. For example, everybody knows that hipsters love to read the music reviews on Pitchfork.com, and they just love listening to those folk pop bands like Mumford & Sons—but wait a minute, that can't be right. Anyone who's actually read Pitchfork would probably know

So maybe they're not so "vintage." Surely we can find other essential qualities that define what it means to be a hipster.

What about that word you were taught in English class and now hear used everywhere: "irony"? Hipsters don't really enjoy things; they just do things ironically because it's not cool to actually like something, right? Well, that would make Frank Zappa an early hipster, considering that his 1968 album "We're Only In It For The Money" was an all-out ironic parody of the hippie culture at the time. And Johnathan Swift's famous ironic essay, "A Modest Proposal" in which he suggests eating babies as a solution to the widespread famine in the 1700s, would certainly qualify him as the granddaddy of all hipsters.

However, this doesn't quite make sense either; hipsters are supposed to be a new thing. That's why

want my opinion on the matter, I think the concept of the "hipster" is nothing more than a one-size-fits-all critique that covers any type of counter-culture activity. Remember how a couple years ago, all of this whining was directed at "emo" or "scene-kids"? And in the 80s it was the new romantics. In the 70s it was the punks, in the 60s it was the hippies, and the list goes on, and on.

Every decade or so, people seem to adjust to whatever subcultures were prominent in the previous generation, but they still want to find some way to shun the current ones. Nobody likes to be on the "bandwagon," so they invent these new straw men cultures to distance themselves from whatever seems currently fashionable. Since these invented cultures aren't always clearly defined, we often get confusing and contradictory stereotypes, the most recent of



Illustrated by Amber Cicconi

that the site heavily panned Mumford & Sons' first album and didn't even acknowledge the existence of the second. Hmmmm, what a strange inconsistency. Maybe it's not so much the music. Maybe it's more about the idea of "vintage," that ridiculous love for all things of the past, especially the 50s and 60s; but also the 90s, apparently, because that's where they get their fashion sense. And those MacBooks they all carry, well, I guess that was more of a recent thing.

people just started using that phrase in the last decade—but hold on, what about the 1967 James Brown song "Bring it Up (Hipster's Avenue)"? And weren't the jazz fans of the 40s also called "hipsters"? Are there any characteristics that members of this subculture share exclusively with each other?

Despite the constant maligning/praising of what is supposedly modern "hipster" culture, nobody seems to be able to agree on what a hipster actually is. If you

which being "the hipster"

So if you're concerned about coming across as too much of a hipster yourself, don't worry about it. Soon enough, we'll all be hipsters and we'll be moving on to trashing some new imaginary subculture.

JofT IDOL

Show your Vocal Talent!

Tired of singing in the shower? Why not consider becoming a U of T Idol contestant?

Hart House Music Committee

GREAT PRIZES! Great Time! Fun for everyone!

WHEN: THURS., Nov. 21, 2013 at 8:30 pm

WHERE: ARBON Room, Hart House

COST: FREE

REGISTER AT: <http://harthouse.ca/uoft-idol-registration/>

MASSAGE MONDAYS

Free Massage!

Free Monday Massages for Students!

Details: Ease your way into the week with a free mini Shiatsu massage courtesy of The Living Soul.

WHEN: Every Monday 12-3 pm

WHERE: NEW LOCATION! Hart House Chapel, Main Level

Cost: Free

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Closely following our administrative staff, we have our immensely talented writers; Wenkai who tends to focus on the sciences, Cole Mellows, who writes for the sports section, Kurt Grunsky writes for our music column, Miaae Lee writing for opinion pieces about university. And coming up at the rear, Julia Miller who writes for Innis's Environmental group. We're always looking to expand our family so if you are serious about participating in the Innis Herald we have **meetings Tuesday at 9 o'clock in the events room, Innis Res. 111 St George Street**

Welcome to University

Taking A Look Back Over The First Months At University
Written by Mirae Lee

It's already been a good two months and I still can't grasp the idea that now I am a university student. Maybe it takes more than a couple of months to adjust to this new "life," this new "life," when so far has flown by in a blink of an eye.

It seems like only a week ago when everyone was stressing over which post-secondary schools to apply to, or panicking as you were face-to-face with the "submit" button for your application.

Another moment of panic when you saw a cream-coloured letter-sized envelope in your mailbox with the nicely printed letters spelling out "University of Toronto" (Did I get it in? Is this a rejection letter?). Another moment of panic when your timetable time was later than all those Humanities students bragging about their 6AM or their 7AM times on Facebook (though I myself was one of them). Then there was the actual war when it was finally the time to register for your must-needed, most-wanted courses.

You threw your graduation cap, and spent two months of summer break without any peace but instead with worry and excitement, and then bam! you are here in one of Canada's best universities located right in the middle of downtown Toronto. I think that was when I felt it—walking through for more accurately getting lost in this huge campus and seeing all these students hectically getting to their destination; sitting with more than a thousand other students in an enormous lecture hall and battling through the unmoving crowd at Con Hall; or making your way up the incredible "turkey" and getting lost (again) because you have no idea how to get up more than fourth floor.

One of the challenges for me (and I'm sure you can agree on this too) is the academic term of "time management" or, what I like to call "not

procrastinating." It has become clear that all those last-minute procrastination techniques we've developed over the last four years, all those skills that actually worked with satisfying results in high school, aren't going to work in university. I'm currently experiencing this as I face all the readings I have greatly fallen behind, and it just seems like a long journey for me to become that perfectly organized person with highly devel-

a stress to think about what to eat per meal every day. It has become a natural instinct to be attracted to free food, promptly attending any events or meetings for any free snacks. On the other hand, at Chestnut with a meal plan, you gradually get tired of the similar array of food every day or maybe even bothered that you have to eat at the residence or specified places because you have already paid for it.

This all comes down to the transition from a high school student to a university student. Where once you had your parents feeding you food, nagging you to do your work and stop watching TV or wasting time on your computer. You are now given the burden of independence and a great deal of responsibility placed on your shoulders. You are given so much more freedom and it is more or less up to you to take care of yourself.

It has only been two months out of the four or more years that many of us have left. It's only the beginning of a step closer to your dreams. No longer are you an annoying teen-

ager, but an adult; you are going to have to face the reality of what this world is and you have to be ready for it. Well, I guess it's not my place to give you life advice when I'm in the same position as you are. You probably won't even listen to me or care what your fellow frosh has to say but I think that's the point. We are all on the same boat even if we have our own unique story, and we need to help each other survive this first year at University of Toronto.

oped time management skills.

What's more difficult, and possibly life-threatening, life-defining, life-everything, is food. Trying to squeeze a lunch break between classes but because you don't want to spend money, eating a really sad-looking sandwich that you tried to make at home, or those excruciating times when you have five hours of class back-to-back with your stomach embarrassingly growling. Sometimes you might reward yourself with a five dollar lunch or you may already have some flex dollars, but the true moment of decision arises when struggling between fast food and your subconscious reminder for a healthy diet. Living at Innis, especially since everyone is expected to cook their own food, it has become a daily routine and



Photo by Yuto Takakura

Simply Green Parallels

Written by Julia Miller

The easiest argument that I'll ever have to make in university is what I'm about to prove to you: being good to the Earth is good for you, which seems obvious although some people haven't considered it. The Earth benefits, while at the same time you increase your energy, stay fit, and keep a healthy lifestyle. Now you might be rolling your eyes thinking that I'll be using the common example of walking instead of driving to prove my point. On the contrary, I'm going to suggest that the first thing you can do to become more eco-friendly has to do with something that all university students love and can relate to: food. The Environmental Committee at Innis has introduced a new event this year called the Green Chef. It stresses the importance of buying less pre-packaged, highly processed, shipped from who knows where food and switching that Lunchable for a bag of locally grown apples.

Buying local or organic food when available has numerous environmental benefits. When products have to be shipped in from places like Mexico or South America it requires the use of gas-burning transportation, which creates a large carbon footprint. The food is generally sprayed with heavy pesticides that harm wildlife and damage the water system. And not even forget all that excess packaging, which quickly swamps landfills, ends up in beautiful ecosystems, and pollutes the Earth.

Some people may say, "so what? Why should I care about the environment when I could be focusing on midterms and papers?" I have to look out for number one here. And to that I say that they're in luck. Eating less processed and more local and/or organic food can easily be applied to work in a person's favour. Locally grown foods require less preservatives and pesticides since they don't have to be shipped over such great distances. These pesticides have been linked to health problems, birth defects, and even cancer, which means that you're more likely to keep the doctor away if your apple is local or organic rather than a shiny one from South America. Also those oh-so-convenient pre-packaged foods are usually high in preservatives, sugars, fats, salt, and a whole bunch of names that I'm not even going to attempt to spell correctly. All of these can be contributing factors to obesity, diabetes, and heart problems to name a few.

To end with a ray of sunshine, by far the best part of this article is that it only explains a fraction of the benefits for both people and Earth that more eco-friendly shopping can bring. So now it seems like a no-brainer right? If you can't make it to the Innis environmental cooking nights at least consider being eco-smart next time you pop down to the grocery store. I'm not asking you to spend a fortune buying everything local and organic but making a few switches can go a long way. Plus, there's nothing better than a crisp local Ontario apple.

For more information on pesticides and their effect on food, visit <http://www.epa.gov/pesticides/food/risks.htm>

How Hot is Hot?

A Informative Peice On The History Of Hot Peppers.
Written by Wenkai Liu

Humans have a long history of using hot chili peppers for many different purposes. For example, Native Americans and later, Europeans, used pepper pods to rub their gums to relieve toothache. Interestingly, hot peppers are also associated with sex in ancient China, eunuchs were only castrated after their scrotums were rubbed with hot pepper extract. In contrast, Native Americans used hot pepper as an aphrodisiac. Today, more than a quarter of the world's population consumes hot chili on a regular basis. It's not exactly a pleasant food, as hot chili is a natural irritant produced by the plant to ward off potential predators. So why are hot chili peppers geared towards repelling mammals so popular?

"Despite the fact that many peppers are too hot for a large percentage of the population to consume, the race is on to produce the hottest pepper."

The record for the hottest pepper is broken every few months, but how can we tell which pepper is hotter? The most effective measure of how hot a pepper is Scoville heat units, or SHU. SHU tells how many times the pepper extract must be diluted before anyone can taste it in a glass of sugar water. According to "Carry Hot Seeds", a website that sells peppers, the hottest pepper is the Morgua Scorpion, with 2,009,231 SHU. The jalapeño pepper, with a maximum of 8,000 SHU is child's play in comparison.

Now that we know how to measure the hotness of a pepper, an interesting question arises: what makes the hot pepper hot? The key ingredient is capsaicin, which, in its purest state, has 16,000,000. Most mammals, including humans, have sensory neurons that detect heat and abrasive damage, known as capsaicin receptors. Capsaicin binds to these receptors, allow-

ing calcium ions to enter the cell. This, in turn, tricks the brain into thinking that the body is being burned or injured, thus causing a burning sensation. If a large enough amount of capsaicin is present in the body, too much calcium enters the cell, resulting in its death. After the neurons die off, it no longer sends information to the brain, and then numbness follows.

The numbing effect of pure capsaicin can help us develop new approaches to painkillers. Capsaicin has many advantages; unlike morphine and other traditional painkillers that work in the brain and are addictive, capsaicin stops pain at its source and it's nonaddictive. Of course, capsaicin as a painkiller has its side effects. For example, before the neurons die, patients might experience unbearable burning and pain. Feeling pain to relief pain, what an interesting paradox. Capsaicin that comes in from of a cream or ingestible (i.e. pills) can relieve a different kind of pain. For example, Dr. Wendy Robbins uses creams containing 10% capsaicin to relieve foot pain in cancer patients. 60% of which reported at least a 50% decrease in pain. However, when treating extreme pain, pure capsaicin may not be sufficient.

Let's revisit the question of "how hot is hot?" The answer is hot enough to kill pain and numb your senses. To illustrate

how hot the hottest pepper (Morgua Scorpion) actually is, you need to wear protective clothing and gloves when cooking it, and even that won't prevent numb sensations for an hour or so after cooking it. So, next time, you think the foods you are eating are hot, think again.



The Morgua Scorpion Pepper
<http://www.crazyhotseeds.com/>

You Might Be A Rockist If...

Written by Kurt Grunsky

QUICK, WHAT'S the most pretentious musical genre you can think of? What music fans are always looking down on everyone's tastes? Is it the classical musicians who refuse to listen to anything that isn't at least a hundred years old? Maybe jazz aficionados who pride themselves in the technical complexity of their favourite genre? Did you by any chance consider fans of rock music? Sure, it might seem like a fairly relaxed genre, but with fans of the genre that hit its peak in the 60s and 70s getting closer to an age where they want to relive their youth, you're likely to find more and more people getting defensive about it.

THIS PHENOMENON has been dubbed "rockism," and it happens to fans of all ages. Essentially, a rockist is anyone who believes that rock music is a superior form of pop music to any other genre and tends to judge the music of other genres based on the principles of rock. Rockists will tend to glorify 60s, 70s and 80s "classic rock." I'm not trying to say that "classic rock" can't be good, but to place it above all other genres of music is being more than a little snobby.

TO GIVE you a better understanding, I've created a list of possible "symptoms" of rockism. You might be a rockist if:

- you complain about radio stations not playing enough rock music
- you complain that all music after the 90s has gotten worse
- you worry that pop groups are "threatening" rock music
- you listen to other genres of music, but mainly those that follow the principles of rock
- you worry about rock music "dying"

SO, IF you fit these symptoms, how can you solve this problem of rockism?

WELL, YOU can look into the principles behind other genres so that you know the different philosophies by which you should judge them (make sure to listen to those other genres too!). Make sure that you avoid some common rockist delusions, including the belief that there was simply more good music back in "the old days." I'm sure most people who make this claim have been shown The Archie's "Sugar, Sugar," a notoriously cheesy pop smash from the 60s that shows that there has always been bad music, and there will continue to be good music. And please, for everyone's sake, lay off the Journey.

AND REMEMBER that rock and roll isn't dead, and it's not going anywhere but underground for a while. If you want to hear some good modern rock, look up Cage The Elephant, Modest Mouse, The White Stripes and Arcade Fire. They're "keeping the spirit alive" while progressing the sound of the genre.

I'M NOT saying that you can't like rock music, or that it can't be your favourite genre. In fact, I'll admit that I probably listen to more rock music than anything else. Just try to avoid the symptoms, and keep an open mind about music. The "golden age" can be now, not just 40 years ago.

Innis Artist Hot Spot

A Talk With Two Of Innis's Own Up-And-Comeing Photographers
Written by Ben Wright

Here at Innis, we are well regarded to exhibit a variety of artistic talent. This first Arts Spotlight article focuses upon the plentitude of photography talent we play host to at our college. I quizzed our very own Grace Benesch and Jennifer Su about their inspiration, preferences and motivation in pursuing photography as an artistic medium. Grace is a first year Innis student, and an avid user of the photography based social networking site flickr. Jen is co-founder of the Innis Photography Club and a keen amateur photographer.

Do you have a favourite camera? What is it, and why?

Grace: The only ever DSLR I've shot with is my beloved Canon Rebel T3i, which I received last year for my birthday. I love it because it's light-weight (so it's easy to bring places), very user-friendly (good for people like me who don't like reading manuals and the results are fantastic), especially like to shoot with a portrait lens: they can be tricky to work with at first but once you figure them out they produce some of the best photos ever.

"In a perfect world where nature would be compliant with the artist, the perfect shot for me would be in a still forest at sunrise. The natural light of dawn is the most beautiful time of day, but difficult to capture on camera."

Jen: I don't really have a favourite camera. I use my digital camera most often out of convenience. It's been working well for me for the past five years so I can't really complain or compare it to other cameras. As I could afford it I would use my film camera more, or buy a medium format camera.

Describe your perfect shot- what elements are most important to you?

Grace: In a perfect world where nature would be compliant with the artist, the perfect shot for me would be in a still forest at sunrise. The natural light of dawn is the most beautiful time of day, but difficult to capture on camera. So ideally, I would want to capture the light in the trees reflecting on the early morning fog in an environment that I can easily manipulate (i.e. hang something from a tree, have a person pose in nature without making it inorganic etc).

Jen: I don't think there's any clear-cut formula for a "perfect shot." Photos can be good for all sorts of reasons, and everyone has different tastes. I find all the elements are equally important, since they all come together to make up the entire photo. I think what's most important is if you like the photo and if it looks the way you want it to. It sounds kind of cheesy but I honestly believe that the most important aspect of photography is that it's a medium to reflect individual perspectives!

What is it about photography as an artistic medium that attracts you?

Grace: Well to be honest I could probably go on about this very topic forever! But quickly I love photography because it's very real; it's a raw medium that shows the world for how it really is. Photo-manipulation is interesting and fun, but nothing hits you harder than a shocking photograph.

Jen: I always loved to draw and paint when I was little but as soon as I discovered photography I became obsessed with it and I'm not really sure why. Some people would say that photography is popular because it's supposedly easier, but I think it takes just as many hours of effort and practice to

be good at taking photos as it does to be good at drawing or painting or sculpting or playing the guitar. Right now I think I'm really drawn to the idea of photography as a tool for the documentation and expression of personal subjectivities. That was a bit of a wordy explanation, but basically I really like the idea that anyone can show how they see the world through photography! But then again, the same can be said for all forms of art. For me it was just something that I initially became obsessed with and have continued to enjoy. It's the artistic medium I'm most comfortable with.

Do you look to any other photographers or artists for inspiration?

Grace: If I'm being completely honest, I would say my friends and peers inspire me the most. Even if their photos aren't top-notch they really push me into trying my best, even without them knowing it.

Jen: Of course! It's so easy to discover other really inspiring artists on the Internet. I couldn't name any specific favourites as I'm inspired by a lot of different people, but off the top of my head I can name these photographers whose work I really admire: Jane Tam, Ed Ous, Ian Williams, Jeff Bierk, Maika Elan, Charlotte Gonzalez, Ye Rin Mok, and Patrick Tsai.

Finally, in this age of technology, where do you see the future of photography?

Grace: Since most people have digital cameras and have their photo albums exclusively on their computer, I kind of hope the world takes a step back and gets more into developing photos like the old days. There's something special about holding a photo in your hand, not just looking at it on a screen. With the rising popularity of Polaroids, I feel like it's not impossible.

<http://www.flickr.com/photos/99135416@N04/>

Jen: I think film and physical albums will still be relevant in the future. Digital photography may be more popular for its convenience but there are still a lot of professional photographers out there who continue to use film, even if it is just for their personal work. It seems like people hardly ever print their photos to put them in albums nowadays, but I think other forms of printed material will continue to be an important space for sharing photography, like photo-books and magazines. But we're already seeing this transition to sharing digital albums with Facebook and Instagram, and I think that the distinction between digital and analog becomes irrelevant in this sort of discussion because they don't exactly change the fact that people are preserving and sharing their photos for other people to see.

<http://inphclub.tumblr.com/>

... Innis Photography Club hosts workshops and contests every month. You can email us at inphclub@gmail.com to sign up to our mailing list. The Innis Review will also be putting out a call for submissions sometime later this year. And you should definitely contact the Innis Herald if you are interested in taking photos for their next issue!



Get creative, get crafty!

Hart House Music Committee

SUNDAY CONCERTS is Hart House's venerable concert series, making music and history in the majesty of the Great Hall since 1922. Through Canadian music icons such as Glenn Gould and Anton Kuerti to new musical voices and world music traditions, the Sunday Concert series offers patrons a chance to experience a delightful and adventurous musical journey in an environment where in the spirit of the Hart House vision, all rhythms, voices and traditions converge.



Free Friday Movie Every Friday!

Brought to you by our Cinema Studies Student Union, we present you November's Line up of free movies:

Mud.....Nov 8th
The Apprenticeship of Duddy Kravitz...Nov 15th
Wake In Fright.....Nov 22
Where: Innis Town Hall
When: Fridays 7:00pm
Cost: Free!



ARTS SECTION-ARTS SECTION-ARTS SECTION

Innis Photo Club Winners!



1st Place Winner - Michelle Gu



2nd Place Winner - Jaceon Kim



3rd Place Winner - Juliana Bertosa

INPHO (Innis Photography Club) was founded to unite photography enthusiasts at Innis College through monthly workshops and meet-ups. We are here to give you opportunities to develop your skill in photography as well as getting to know fellow Innisians!

INPHO held our second workshop/meet-up on October 5th with the theme of night photography. Along with the workshop, we had a photo contest for Nuit Blanche! We received a lot of great submissions and are pleased to announce the winners, who will receive prizes courtesy of the Office of Student Life!

Submissions

heraldsubmissions@gmail.com

In That Forgotten Part Of Town

Written by Zoe Rumney

In that forgotten part of town
Where wasted hopes and dreams abound,
A wrinkled man with life near end,
In hopes to have at least one friend,
Fashioned bits of wood and things
And made a dummy run by strings.

He sat alone for hours on end,
Conversing with his only friend
And found delight within the fact
That he controlled it's every act.
He told it how he never had
A chance, since all his luck was bad
Although he'd tried so to succeed -
The dummy nodded and agreed.

And how his journeys in romance
Had never given him a chance,
And wasn't it a crying shame
That he was always held to blame
When everyone knew, oh so well,
That life is but a living Hell,
Controlled by lust and power and greed?
The dummy nodded and agreed.

With patience that would rival saints,
That dummy sat through all complaints
And, with each little expert tug,
Held drop his head or bow or shrug
And give some comfort to the man
Who held his lifelines in his hand
And helped to fill a lonely need
When he just nodded and agreed.

Serility increased with time
As did the old man's pantomime,
And feverish fingers pulled with glee
The dummy's dance of misery.
They never left each other's side
Until the day both stopped and died.
We found them lying, hand in hand,
The dummy - and his wooden friend.



Photographed by Ben Wright



get crafty

Get creative,
get crafty!

Hart House Art Committee

FREE WEEKLY drop-in craft workshops. We provide everything: tools, materials and even tea and cookies! We'll make amazing crafts together to keep or give. Meet new friends with all things crafty at Hart House WHEN: EVERY Thursday, starting September 16, from 11 am to 1 pm WHERE: READING Room, Hart House COST: FREE, all materials provided

NOV. 7 / Mirror back button compacts
NOV. 14 / Studding
NOV. 21 / Gift toppers and gift wrap ideas
NOV. 28 / Lip balms and bath bombs



Jazz at Oscar's

PRODUCED AND coordinated by the Hart House Music Committee, Jazz at Oscar's brings you jazz in all shapes, colours and moods. Innovative Improvisation - Scintillating Standards - Classic Jazz. Jazz at Oscar's showcases the best musicians from our own backyard and from Toronto's vibrant jazz community.

COST: FREE



Hart House Art Tours

DID YOU know that Hart House has some of the best Canadian art including 59 artworks now deemed "National Treasures"? Since 1922, the Hart House Art Committee has sought out emerging names in Canadian art and have purchased works to build what is now an extensive collection with over 650 works of art. The Collection is on view throughout Hart House and is in constant demand for exhibitions at major museums throughout the world.

WHEN: WED., Nov. 20, 2013, 3 pm
WHERE: HART House Information Hub (main level)
COST: FREE

THE HERALD

HEALTH AND WELLNESS

Athletic Involvement

How To Get Involved With Innis Athletics: A Short Interview With Aaron Tsang
Written by Cole Mellows



Coming to university and getting adjusted is no easy task. Between the thrill of fresh, the depression of classes, and the whirlwind of meeting hundreds of people in the span of a couple of weeks, one thing that often gets left behind in all the excitement is staying in shape. We've all heard of the freshmen fifteen, and while a lot of that comes from poor eating habits, another big factor is the lack of physical exercise. There are a number of ways to become athletically involved at Innis, and Aaron Tsang, one of Innis's Athletic directors (along with Sami Follotti), had a lot of great advice when I interviewed him.

How did you get involved with athletics at Innis?

Aaron: I got involved through participating in intramural sports such as frisbee and basketball. It's not hard—a lot if it will just happen if you show up to events.

What kinds of sports are going on at Innis?

Aaron: We have many sports. For men's we have basketball, volleyball, and soccer. Women's we have soccer, volleyball, and basketball. Coed has hockey, volleyball, basketball and frisbee.

What advice do you have for someone who is trying to get involved with athletics here at Innis?

Aaron: It's not hard! If you want to participate send an email to athletics@innisicss.com telling us what sport you would like to participate in. Intramural sports are open to everyone of every level. We hope to see you soon!

There are a number of benefits from joining a sport; you can meet new people, get active, and also just have a lot of fun. Joining up is really easy, and you have a lot to gain (or, in this case, lose) from doing so. There is a whole lot of stress that comes from university and often times things can seem overwhelming, but having fun and being active is a great way to take some time for yourself and do something that you may end up really enjoying.

"Health isn't about being 'perfect' with food or exercise or herbs. Health is about balancing those things with your desires. It's about nourishing your spirit as well as your body."

- Golda Poretsky

Spice Stew Recipe

More Than A Soup! Something To Keep You Warm This Fall
Recipe Submitted by Brenna Williamson

THE WEATHER outside is frightful, but this stew is so delightful! With this cold weather approaching all of us want something to remind us of the warmth and comfort of home. For all you stew lovers out there, this one's for you.



Make it with a slow cooker the night before and it'll be ready for dinner!

INGREDIENTS:

THAI CHILI PEPPERS (To taste)
5 POTATOES
3 CARROTS
1 HEAD of Celery
1 SMALL Zucchini
1 CAN of Corn
1 PACKAGE of Mushrooms
1/2 HEAD Cabbage
2 CANS (15 oz each) Tomatoes
1 BOX of Chicken Soup
Broth/Base
DRY PARSLEY
2 ONIONS
CHILI PEPPERS in oil.

ONCE CHILI PEPPERS are brown, remove from oil. Omit. Save oil and put in a large soup pot. Chop the rest of your ingredients. Cover them completely with water. Simmer until all the veggies are cooked through. The potatoes will take the most time. As long as the heat is low you can let this simmer all day. Add water if needed throughout the cooking process. Serve with fresh bread.



Table Top Games @ Innis F.T.W!

Written by Liam

Do you like board games? Do you LOVE board games? Are you only mildly fond of board games but still find them amusing and entertaining? Well then, you should come to Tabletop Gamers of Innis F.T.W! Not so much a club as an event hosted every other Friday at the Innis Residence in the Events Room, all are welcome for free snacks and board gaming (you can't take our board games - free board GAMING!) Our next event is on November 1st, so mark your calendars and hope to see you there! And if you want to keep in the know for our events and themes we have a facebook group and our e-mail (if you want to subscribe to our Infrequent e-mails) is tgfi@innis@gmail.com.

The days for November are the 15th and 29th.

U of T Triathlon

The Hart House Recreational Athletics Committee is hosting a Triathlon Seminar. Whether you're looking to enter the Hart House Indoor Triathlon in February or you're a triathlon Junky, this seminar will help you kick start your training program. Guest speaker and triathlon veteran Andrew Imrie will provide information and tips designed to help you get the most out of your triathlon experience.

When: Tues, Nov. 19, 2013 from 6:30 to 8:30 pm

Where: Debates Room, Hart House

Cost: Free / Refreshments and light snacks will be provided

WEB: WWW.FACEBOOK.COM/INNISJAMZ



HERALD

GAMES AND HORSCOPES

Sudoku

3		4	6	1			5
7		8				3	6
			9		3	4	
8		7				5	1
	2		7		5		4
6				9	1		2
4	8		3	5	2		7
						9	
1		6			9	2	8

Herald's Horoscopes

Written by Elizabeth Laxionov

Welcome to November's edition of Herald's Horoscopes. My name is Herald Hoodini, and here I present to you the most outrageous, eerie, and ridiculously accurate horoscope predictions. I warn you, this is not for the faint hearted...

Aries

For all the Aries looking for a cuddle buddy to keep them warm this upcoming winter: stuffed animals work great. You don't need to rely on other people for companionship, because you're beautiful just the way you are. Bruno Mars doesn't lie.

Taurus

Easy there, Curious George. You often catch yourself pondering upon life and the mysteries of the Universe, even when you are well aware that you are three weeks behind on your readings. Life is way too broad for you figure out, and sometimes, ignorance really is bliss. You may claim that "an unexamined life is not worth living." Please realize that you are not Socrates. You wouldn't want to be either, let us recall that he killed himself shortly after asking too many questions.

Gemini

I commend you for your attempts at balancing your schoolwork and your social life. Just remember that as the year progresses you will begin finding it difficult to do so. Please do not expect to be Hannah Montana forever, as the best of both worlds does not exist here at U of T, especially if you're an engineer.

Cancer

It pains me to tell you that you are going to be experiencing feelings of overwhelming stress. The stress, however, is over completely trivial matters. Cancers have a tendency of developing these hypothetical situations: ones that involve failure, then mentally break down over things that haven't even happened. Stop. Go out and smell the flowers every once in a while. Next time you happen to even fathom the idea of not being able to amount to anything, simply think of the students that ended up going to York.

Leo

A stranger with an impressive moustache, but terrible body odour will approach you begging for bus fare. In an attempt to avoid the situation, you will claim that you are all out of change. This isn't a good idea, Leo, you are generous in nature and should remember that sharing is caring. Beware, karma will find you.

Virgo

The term "Virgo" in itself could very well define obsessive-compulsive disorder. Virgos have feeling out of control, and will go out of their way to make sure they accomplish their tasks with absolute perfection. Be careful, Virgo, it may be difficult for you to live up to your own expectations. "cough" You'll do better on the next assignment, I doubt that mid-term was even worth that much! "cough"

Libra

Oh Libra, you radiate confidence and spirit. You take every chance you can get to express school pride, and enjoy everything that U of T has to offer. I am not implying that there's anything wrong with that, but I would like to propose a suggestion: Next time you find yourself having to choose whether to wear that stylish Hollister sweatshirt or a U of T crewneck to Convocation Hall, go with the sweatshirt. After all, we all know you go there. Ps. If you do go with the U of T crewneck, please don't pair it off with the matching track pants. #Overkill.

Scorpio

Damn, Scorpio, aren't you the life of the party? You love being the center of attention, and nothing makes your day like receiving a compliment from an absolute stranger, even if said stranger might be intoxicated. Attention is great, but just remember that you can't always be Beyoncé, Kelly Rowland is pretty cool too.

Sagittarius

You will have difficulty finding a seat at Convocation Hall. In fact, it will be due to a Virgo obnoxiously saving an entire row for his/her friends. No to worry, when you get the chance just casually tell the Virgo that they have an "interesting" way of taking notes, or a "funny" way of breathing. Enjoy as they frantically try to figure out what is wrong with them, developing bizarre handwriting and irregular breathing patterns in the process.

Capricorn

Capricorn, student life at U of T has taken a real toll on you. You are experiencing a bunch of new freedoms, perhaps even too much freedom to handle. By this, I am implying that your eating habits aren't exactly up to par. This is just a friendly reminder that the freshman fifteen is REAL. Lay off the Kraft dinner and go do some Yoga with Jenny.



What Does The Fox Say Word Search Edition!

FOX	MOO	COW	WHATDOESTHEFOX SAY	RINGDING
DOG	BIRD	TWEET	MOUSE	SQUEAK
FROG	CROAK	DUCK	QUACK	FISH
BLUB	SEAL	OWOW	ELEPHANT	TOOT

S U W Z I U H V F T A X H N G L C J U J
K C A U Q Z U D R H G N O Q S L G V J O
G B A N T E M A O C G R W O N A K I D R
Z Q Z D V X H O G G T O O T W E H F U G
T P E Y Z O M A U Z K L W S H S E V C C
C C E G D Q C E O S O X X Y A T A R K F
N Q X Q Y O D K J Q E I F S T P R I C S
P E E K W G H Q U N S H C E D W S N I Q
O W M L K Z Y I H Q Z A R S O O N G R U
E V M H E R D T I F X X I L E V D D Y E
B A I O B P W R V E O O M X S T V I P A
L W P L Z E H H I N D K R U T L L N B K
G Y E R E L A A X B B O U J H A S G F D
X J W T B Z P N N B H S I F E K X Q O A
E Q E H Q I E N B T J C T Z F J A X U V
X N Q T E Y B V A K C B F H O A O O H H
H Z V Q N M B X C J X I O L X F W Z R R
F J V C L X L N P G G R L Q S A T U G C
O H E Z N T U G W U G K E B A T E B S Y
J N B Q X Q B D M Q P K O X Y I C T L H

Draw a Herald!



Aquarius

There is good news, and there's bad news. Unfortunately, that Sushi place you've been dying to visit has a bad batch of fish. Good news, however, is that Cashmere double quilted toilet paper is currently on sale at Metrol I suggest you stock up. As for why... I would rather not elaborate.

Pisces

You, Pisces, are a dragon of the night. You feel most awake when the rest of the world is asleep. At times you may feel misunderstood, some may even classify you as being mildly insane. Look on the bright side, studies have shown that there is a strong correlation between brilliance and insanity. I can assure you that in 10-15 years, you won't be on the other side of the counter asking, "would you like fries with that?..." even if you are an art-st.

Ask Herald!

YOU KNOW WHEN YOU HAVE QUESTIONS TO ASK BUT YOU'RE EITHER TOO EMBARRASSED OR NOT SURE WHO CAN ANSWER THEM? INNIS HERALD HAS COME UP WITH A SIMPLE SOLUTION: ASK HERALD! THIS HEDGEHOG HAS THE ANSWERS TO ALL YOUR QUESTIONS! EMAIL HIM AT HERALDSUBMISSIONS@GMAIL.COM AND READ HIS ANSWERS IN THE NEXT PAPER!

Join the Herald Team!

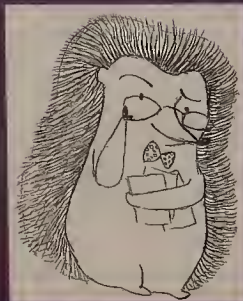
Has reading the Herald unlocked your deep-seeded desire to become a university newspaper journalist? Then join the Herald team and attend our next meeting on Tuesday, November 5th & 12th at 9:00 PM in the Events Room of Innis Residence.



Don't got time for that? You don't have to be a member or go to meetings to write for us. All you have to do is email submissions to heraldsubmissions@gmail.com

Draw Herald and Get your Photo in the Paper!

HAVE YOU MET HERALD, OUR ADORABLY SPIKY MASCOT?



DRAW AND SUBMIT YOUR RENDITION OF OUR SPINY LITTLE FRIEND TO OUR MONTHLY CONTEST AT HERALDSUBMISSIONS@GMAIL.COM AND YOU HAVE A CHANCE TO HAVE YOUR PHOTO AND DRAWING INCLUDED IN OUR NEXT ISSUE!

The Herald now Accepting Art Submissions!

FEEL LIKE UNIVERSITY IS DRAINING THE CREATIVE JUICES RIGHT OUT OF YOU? GET THEM FLOWING AGAIN BY WRITING A CREATIVE

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